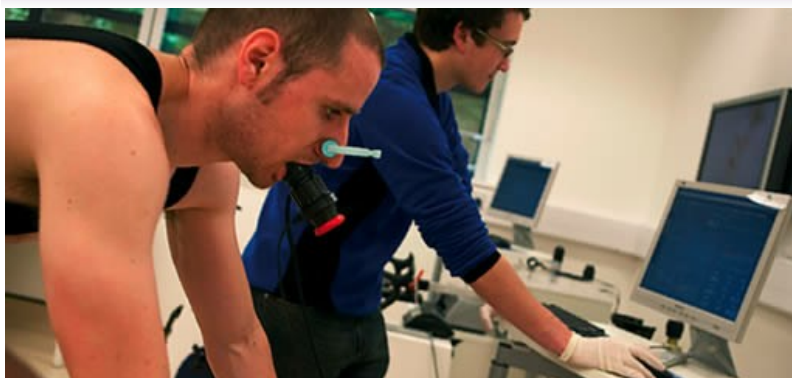


## Exercise and Sport Sciences MSc



This postgraduate masters programme provides training in the practical, theoretical and applied elements of Exercise and Sport Sciences. The modules we offer include teaching, learning and experience in core disciplines of exercise and health as well as in sport. For example, nutrition and metabolism in health and obesity, musculoskeletal systems, and cardiovascular and respiratory physiology.

All modules will be applied and related such that the thread of exercise and ageing will run through all. In addition, modules in continued professional development and research methods would allow theory to be applied in practice.

**[Study here and find out why the University of Birmingham was awarded The Times and The Sunday Times University of the Year 2013-14](http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx)**  
**(<http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx>)**

### Course fact file

**Type of Course:** Taught

**Study Options:** Full time, part time

**Duration:** 1 year Full time, 2 years Part time

**Start date:** 17 September 2014

### Contact

#### Student Recruitment Team

School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham, Edgbaston, Birmingham. B15 2TT.

Telephone +44 (0)121 414 5922

Email: [sportexpgtadmissions@lists.bham.ac.uk](mailto:sportexpgtadmissions@lists.bham.ac.uk) (<mailto:sportexpgtadmissions@lists.bham.ac.uk>)

**[School of Sport, Exercise and Rehabilitation Sciences \(/schools/sport-exercise/index.aspx\)](/schools/sport-exercise/index.aspx)**

### Details

**[MSc in Exercise and Sport Sciences brochure \(PDF 239Kb\) \(/Documents/college-les/sportex/6997-MSc-Exercise-and-Sport-2pp-A4-AW.pdf\)](/Documents/college-les/sportex/6997-MSc-Exercise-and-Sport-2pp-A4-AW.pdf)**

This programme acts as a conversion course taking students at entry from a variety of backgrounds and giving them new skills to enable them to move into research and employment in a number of disciplines. It is offered by the **[School of Sport, Exercise and Rehabilitation Sciences \(/schools/sport-exercise/index.aspx\)](/schools/sport-exercise/index.aspx)**, in collaboration with the **[School of Clinical and Experimental Medicine \(/schools/cem/index.aspx\)](/schools/cem/index.aspx)**, and Department of Nursing and Physiotherapy in the University of Birmingham Medical School.

The purpose of the **MSc Exercise and Sport Sciences** is :

- to provide a strong foundation for research in exercise and sport science in health and disease
- to provide academic and practical knowledge and training for those seeking a career as an exercise or sports scientist in a clinical or community environment or involved in management or organisation of such services

### Course Information

The course has three compulsory modules, which all students will undertake, in: research methods; continued professional development; and integrated body systems. The remaining taught elements of the course will be delivered in the form of optional modules in core disciplines within exercise and sports sciences, allowing students to shape the course to their particular interest. Optional modules include: Neuromuscular performance through the human lifetime; Cardiovascular and respiratory physiology; Nutrition and metabolism in health and obesity; Psychology of physical activity promotion.

All students will also undertake a research project, which is offered in the shape of a 12 week research project in the students chosen discipline. Specific areas of active research include:

- Exercise metabolism: The health effects of exercise in obesity and ageing
- Cardiovascular and respiratory physiology,
- Behavioural medicine: Psychological processes, immunology and cardiovascular function.
- Biomechanics, neurophysiology and psychology of motor control and exercise performance
- Motivations for, and effects of, physical activity participation

Research projects can be undertaken in an academic, industrial or hospital environment.

## Related links

[School of Sport, Exercise and Rehabilitation Sciences \(/schools/sport-exercise/index.aspx\)](https://schools/sport-exercise/index.aspx)

## Modules

Optional taught modules offered include:

- Neuromuscular adaptation to training
- [Cardiovascular and respiratory physiology \(/postgraduate/courses/taught/sport-exercise/pg-modules/cardiovascular-respiratory-physiology.aspx\)](https://postgraduate/courses/taught/sport-exercise/pg-modules/cardiovascular-respiratory-physiology.aspx)
- Nutrition and metabolism
- Psychology of physical activity promotion

## Fees and funding

Fees for 2014-15 are:

	Home/EU		International
	Full time	Part time	Full time only
(MSc) Exercise and Sport Sciences	£6,210	£3,105	£15,525

Learn more about [fees and funding \(/postgraduate/pgt-fees/index.aspx\)](https://postgraduate/pgt-fees/index.aspx).

## Entry requirements

At least a 2:1 or equivalent in a relevant science subject (E.g. Sport and Exercise Sciences, BMedSci, Biochemistry, Health Sciences, Natural Sciences, Biology, Biological Sciences).

Learn more about [postgraduate entry requirements \(/postgraduate/requirements-pgt/index.aspx\)](https://postgraduate/requirements-pgt/index.aspx)

## International students

### Academic requirements

We accept a range of qualifications, our [country pages \(http://www.birmingham.ac.uk/international/students/country/index.aspx\)](http://www.birmingham.ac.uk/international/students/country/index.aspx) show you what qualifications we accept from your country.

### English language requirements

You can satisfy our English language requirements in two ways:

- by holding an [English language qualification \(http://www.birmingham.ac.uk/students/requirements/requirements-pg/international/index.aspx\)](http://www.birmingham.ac.uk/students/requirements/requirements-pg/international/index.aspx) to the right level
- by taking and successfully completing one of our [English courses for international students \(http://www.birmingham.ac.uk/students/requirements/requirements-pg/international/english-courses.aspx\)](http://www.birmingham.ac.uk/students/requirements/requirements-pg/international/english-courses.aspx)

## How to apply

To make an informal enquiry about this course or register your interest, contact:

### Student Recruitment Team

School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham, Edgbaston, Birmingham. B15 2TT.

Telephone +44 (0)121 414 5922

Email: [sportexpgtadmissions@lists.bham.ac.uk \(mailto:sportexpgtadmissions@lists.bham.ac.uk\)](mailto:sportexpgtadmissions@lists.bham.ac.uk)

When clicking on the Apply Now button you will be directed to an application specifically designed for the programme you wish to apply for where you will create an account with the University application system and submit your application and supporting documents online. Further information regarding how to apply online can be found on the [How to apply pages \(http://www.birmingham.ac.uk/students/courses/postgraduate/apply-pg/index.aspx\)](http://www.birmingham.ac.uk/students/courses/postgraduate/apply-pg/index.aspx)

[Apply now \(https://pga.bham.ac.uk/lpages/LESo49.htm\)](https://pga.bham.ac.uk/lpages/LESo49.htm)

## Related links

[MSc in Exercise and Sport Sciences brochure \(PDF 239Kb\) \(/Documents/college-les/sportex/6997-MSc-Exercise-and-Sport-2pp-A4-AW.pdf\)](https://documents/college-les/sportex/6997-MSc-Exercise-and-Sport-2pp-A4-AW.pdf)

## Learning and teaching

The courses have a taught component, and a period of research to produce a dissertation.

## Assessment methods

A variety of assessments will be used through the course, including presentation, problem based assessments, portfolio and extended writing.

## Employability

The career opportunities available to sport and exercise scientists are expanding all the time. The 2012 London Olympics and increased National Lottery funding for sport has increased the number of jobs in elite level sport and public health. Many hospitals are starting to appoint specialists with exercise backgrounds to work in areas such as cardiac rehabilitation and health promotion. Clubs in a variety of different sports employ sports scientists as performance analysts, biomechanists and coaches. Other career routes include roles in the fitness and leisure industry, governing bodies, teaching, exercise prescription and testing, and sport promotion.

You will also have the support of a dedicated careers and employability team, to offer individual advice and guidance services and deliver an employability programme tailored to your needs.

Find out more at [www.as.bham.ac.uk/careers](http://www.as.bham.ac.uk/careers) (<http://www.as.bham.ac.uk/careers>)

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